



**Workshop on Ergonomics for Drivers:  
Reducing the Risk of Repetitive Driving Injury (RDI)**

February 3 – 4, 2024, Lagos & Abuja  
March 9 – 10, 2024, Lagos & Port Harcourt  
April 27 – 28, 2024, Lagos & Abuja  
June 1 – 2, 2024, Lagos & Port Harcourt  
July 6 – 7, 2024, Lagos & Abuja  
August 17 – 18, 2024, Lagos & Port Harcourt  
September 28 – 29, 2024, Lagos & Abuja  
November 2 – 3, 2024, Lagos & Port Harcourt  
December 14 – 15, 2024, Lagos & Abuja

**Available for In-plant Training**

**Program overview:**

Prolonged periods of sitting and driving can place heavy demands on drivers' posture, particularly when sitting in a vehicle with added effects of movement and vibration on the body. Being comfortable and well positioned in a vehicle helps to reduce driver fatigue and the development of "Repetitive Driving Injury" (RDI). The five most common RDIs caused by driving are foot cramp, lumbar pain, stiff neck, side ache and headache/eye strain. This Driving ergonomics program focuses on the health aspects of driving, drawing upon biology, psychology, engineering and design to create vehicle environments in which Drivers have a lower chance of injuries caused as a result of poor driving posture.

**For whom:**

This program is designed for all company drivers, and corporate dispatch riders. The course will equally be beneficial to Truck Drivers who travel long distances for logistics provision.

**Learning objectives:**

At the end of the program, participants will be able to:

- fit themselves to their vehicles so they can drive in with maximum natural ability of their body to move and respond to physical stress;
- develop a safety mind set and healthy working attitude behind the steering wheels;
- reduce driving related risk of accidents, injuries and illness by avoiding repetitive driving injuries (RDI);
- have proper perception that their employers care for their well-being;
- explain the common risks associated with prolonged driving and be able to reduce exposure; and
- achieve drivers' well-being and productivity.

**Course outline**

**Day 1: Vehicle Ergonomics: An Overview**

- Risk Assessment of life-long injury
  - Sitting for long periods of time
  - Incorrect seating position
  - Incorrect posture
  - Making awkward twists and turns
  - Reaching into the foot well or rear of the vehicle
  - Manual handling/lifting of goods in and out of the vehicle
  - Incorrect posture when reaching into the boot
  - Vibration of the road surface.

- Symptoms of Life-Long injury include:
  - Pins and needles'
  - Stiffness after a journey
  - Aching neck or shoulders
  - Chronic back pain
  - Deterioration of the health of the spine
  - Degeneration of spinal discs.

## **Day 2: Vehicle ergonomics and risk management**

- The impact of specific conditions on driving and management
  - Driving Posture,
    - Seat Height
    - Seat Position,
    - Tilt of the Seat
- The Inclination of the Seat Back
- Lumbar Support
- Supporting the Thoracic Spine or Rib Cage
  - Adjusting Your Mirrors,
  - Seat Belts
- Steering Wheel and Arm Position
  - Steering Height, o Other Factors
- Ergonomic driver set-up
- Remediation
  - Exercises and stretches for in and out of the car Manual handling for drivers

### **LOCATIONS**

1 - HCA Learning Centre. Acme House 2nd Floor, 23, Acme Road, Ogba, Industrial Scheme, Ikeja, Lagos, Nigeria

2 - Green-Minds Hotel, Plot 764, Cadastral Zone B05, E. Ekukinam Street, Utako District, Abuja

3 – Pakiri hotel Ltd., 4 Okwuruola Street, off Stadium Road, Rumuola, Port Harcourt, Rivers State.

**Open Course Fee: N90, 000**

In-plant Fee Negotiable

### **WORKSHOP FEE:**

**N90, 000 per participant, VAT –N6, 750**

Note: this covers Workshop Fee, Tea/coffee break, Lunch, course materials and certificate of attendance.

Payment should be made into our Accounts:

Account Name: Human Capital Associates Global Consult Ltd.

Union Bank of Nig. PLC: Account No: 0097961537

First Bank of Nig. PLC: Account No: 2033683960

Keystone Bank Ltd.: Account No: 1007150325

**For Booking / Enquiry, Call: 234-8051365946, 234-7087578814  
24/7 Lines: 234-8068933608, 234-8029170491, 234-8145745664,  
& 234-9112830607**

## **Training Methodology**

Lectures, discussions, exercises, case studies, audio-visual aids will be used to reinforce these teachings/learning methods.